

CHARLES HOUSE ASSOCIATION

Helping People Age the Way They Have Lived

NEWSLETTER

SPRING/SUMMER 2014

Charles House-Winmore To Open Soon



Painters put finishing touches on Charles House-Winmore

With construction coming to a close, Charles House prepares to welcome six residents to its brand new Eldercare Home in the Winmore neighborhood in Carrboro. Developed and custom built by Kovens Construction/Capkov Ventures, it is located in a cozy neighborhood next to a playground.

For 25 years, Scott Kovens and his team (which includes his sons Aaron, Joe and Hanan) have created small, closely-held communities that welcome young families, empty-nesters, multi-generational households, and everyone in between. Kovens believes in Charles House's vision for elder housing being built into neighborhoods, just like playgrounds and green space. Winmore is a diverse community, with walking paths, a community garden, a pool and clubhouse, and a small "downtown" for retail. Neighbors see Charles House as a benefit to the neighborhood, located off Homestead Road.

While Charles House-Yorktown is home to six ladies, Winmore will welcome two gentlemen and four ladies. Ross Mangiapane, a former Electrical Engineer at Raytheon who loves to dance, will be one of them. Originally from New York, he raised his family in Massachusetts before retiring to Florida. Six years ago, he and his wife moved to the area to live with their daughter Cindi Deconto; she cared for them through her mother's illness and death.



Ross Mangiapane with his daughter Cindy Deconto

She is noticing her father's increasing need for supervision and reassurance. Cindi is not comfortable with the idea of him in a nursing home, so when the opportunity to have him be part of Winmore came up, she couldn't pass it up. *(continued on p. 3)*

Winmore's Housewarming!

Help celebrate the opening of Charles House-Winmore by using the Amazon gift registry to purchase much-needed items for the household.

Go to: <http://amzn.com/w/2G2CY762XXKKO>

Charles House-Yorktown Celebrates 3rd Anniversary

In May, Charles House-Yorktown Eldercare Home celebrated its third anniversary with an afternoon tea for the community. During these first years, "Yorktown" has honed the household model for Charles House Eldercare Homes and established a special home for six residents. Here, resident Lorena Custer and her daughter Becky Trangenstein share their story of being part of the Charles House-Yorktown Family:



Residents and staff welcome visitors

Lorena, one of the original Yorktown residents, comes from a small town in Maryland, where she helped in her husband's veterinarian practice and with the family Christmas tree farm. Lorena's childhood experience milking the cows before heading off to school in the morning prepared her for rural life. She also enjoyed going to Pittsburgh, PA to buy clothes, because there was no tax there!

After her husband died in 2006, Lorena moved in with her daughter Becky Trangenstein, one of her five children. Becky and her husband, who both work full-time, were happy that her mother was able to stay with them, but it grew more difficult as time went on, even with Lorena participating in the Charles House day program. They heard about Charles House-Yorktown from Paul. The transition was very smooth, with numerous meetings where they talked about the philosophies and care models of Charles House. Staff suggested that each resident bring special things to have in their rooms – a quilt, a favorite chair, family photos – so that it really feels like home.

Becky reports that Lorena has always been an introvert, but participating in Charles House activities has helped her become more independent and interactive, and brought her back to hobbies like flower arranging and sewing.

She loves her beautiful room, and she reigns over the jigsaw puzzle table in the foyer. She always has fun on the outings, and has made friends at Yorktown. Becky is reassured that the staff is attentive to health and wellness of the residents.



Lorena Custer and daughter Becky Trangenstein

(continued on p. 3)

Letter from the President: Our 25th Year, Growing for the Future

Dear Friends of Charles House,

I write this as Charles House reaches the 24th anniversary of its opening in 1990. From that first day with four participants and four staff, Charles House has grown into a strong nonprofit organization with a highly regarded approach to serving elders and caregiving families in our community. Entering our 25th year of service, we are expanding to meet the increasing needs of families for care and support in dealing with aging loved ones.

Our first Eldercare Home, Charles House-Yorktown, completed its 3rd year this spring of being a special home for elders in the Heritage Hills neighborhood. And now we are finishing construction on our second Eldercare Home in the new Winmore neighborhood. We will be working with state regulators through the summer toward a license to open Charles House-Winmore for six residents. We invite you to join us at an open house to tour this new neighborhood Eldercare Home. – Sunday July 27 from 3-5 or Thursday August 21 from 4-6:30.

For 24 years, Charles House has been at home in the renovated Carrboro mill house at 109 Hillcrest Avenue. With the steady increase in caregiving families turning to Charles House and the expansion of our Eldercare Homes, we are quickly outgrowing our original home. Carol Woods Retirement Community invited us to explore potential use of their building at 7511 Sunrise Road in Chapel Hill, and we are now planning the renovation and relocation of Charles House in time for our 25th anniversary.

The larger facility on Sunrise Road will allow Charles House to expand the day program by 50%, increase caregiver support and education, take advantage of more opportunities for experiential learning and training for those exploring careers in aging, and to expand and develop innovative models of care such as Eldercare Homes. This broader focus acknowledges Charles House as our community's Center for Caregiving.

Just as Charles House was established 24 years ago through the generosity of the community, the expansion of Charles House over the next 25 years will become a reality through community collaboration and support. Please consider being part of this expansion to help provide more resources to our caregiving families.

In closing, I want to express our appreciation to Beth Tillman and Caroline Resnick for their six years of service on the Charles House Board of Directors. Their commitment and leadership have contributed greatly to Charles House and our continuing service. We look forward to their continuing participation in the Community Advisory Council.

Hartford Foundation Officer Visits Charles House

Dr. O'Brien-Suric, a Senior Program Officer at the John A. Hartford Foundation, which focuses on improving the health of older adults, was part of an international delegation at the "Healthy Aging in Place through Technology" summit in February at Carol Wood. As part of the summit, Dr. O'Brien-Suric toured Charles House, noting that in her 25 years of experience in aging she visited programs for the aging all over the country. She was impressed with Charles House – the layout, homey feeling, comfort, resources, activities, level of staff training and capability were all very high-caliber.

Dr. O'Brien-Suric states, "The relationship Charles House has with family caregivers helps them plan for the future, deal with issues proactively and be able to communicate effectively with health-care professionals. With the rapid growth of the aging population and related increase in dementia, families need more support. The Hartford Foundation is starting to focus on that issue."

She spoke about the factors that make Charles House a successful program, including caregivers feeling secure about leaving their loved ones there, dedicated and well-trained staff who have the ability to relate to participants, a safe environment with appropriate supervision and activities, flexibility to help participants stay engaged, dis-engage as necessary and re-engage, and supporting caregivers through services, education, resources, and planning.



Cindy Skocik

Charles House Association Board of Directors

Cindy Skocik, President

Chief Financial Officer, Veritas Collaborative

Luke Riggsbee, Vice President

President, Carolina National Insurance Agency

Dickie Andrews, Secretary

Andrews & Associates Realtors

Shelly Eubanks, Treasurer

Senior Manager of Finance, American Institute of CPAs

Michael Bradley, F.M. Kirby Emeritus Professor of Finance and Professor of Law, Duke University

Phyliss Craig-Taylor, Dean and Professor of Law, NCCU

Sheana Funkhouser, RN, Former Family Caregiver

Michael Hill, MD, Professor, Department of Psychiatry, UNC

Patty M. Hill, Professor Emeritus, School of Nursing, UNC

Norman Klase, Director of Human Resources, UNC Health Care

Jerry Salak, Director, Alumni and Donor Relations, Gillings School of Global Public Health, UNC

Tammie Stanton

Vice President, Post Acute Care, UNC Healthcare

Sheryl Zimmerman

Associate Dean and Director of Aging Research, UNC School of Social Work, Co-Director of the Program on Aging, Disability, and Long-Term Care at the Cecil G. Sheps Center for Health Services Research

Charles House Participant Celebrates 100 Wonderful Years



Lib with daughter Pat and son-in-law Buck

Lib (Elizabeth) Cannon became a centenarian on April 1st. Originally from Greensboro, Lib and her husband spent 50 years raising their family in Delaware, where they both played in golf tournaments. Lib was the senior champion in Delaware, and played until she was 85, even through two hip replacements. In her younger days, a nice young neighbor boy was her caddy – you might have heard of him – his name is Joe Biden, Jr.!

She enjoys coming to Charles House, especially the exercises, although she's been known to overdo it and be a bit sore afterwards, but thinks it's worth it in the long run.

Lib lives with her only child, daughter Pat and son-in-law Buck. She has two grandchildren and five great-grandchildren. She knows she's trouble, but they still want her with them as long as possible! So what's it like to be 100? Well, except for some arthritis and some vision problems, Lib feels very fortunate to be with her family.

Yorktown *(cont. from p. 1)*

Lorena also benefits from periodic physical therapy from ElderFit in the home. And Charles House staff is quick to act when extra help is needed. Once Lorena had an allergic reaction to a medication, and the staff immediately called Becky at work, arranged for an ambulance, and sent all the necessary paperwork, which helped everything to run like clockwork.

As Charles House prepares to open its second eldercare home in Winmore, Lorena exclaims to her daughter, "Becky, people everywhere should have a Charles House!"

Winmore *(cont. from p. 1)*

After she visited Charles House-Yorktown, she declared it to be "wonderful" and "what anyone would want – a home."

Once Ross moves to Winmore, Cindi looks forward to finding more normalcy for a caregiver – being able to sleep through the night, work more, and feeling the relief of knowing her father is safe and well cared for.

Ross has always been active – he bowled, played golf, and told stories of his time at Raytheon as one of the inventors of the HAWK missile. He still goes out every day and enjoys the time he spends at Charles House. Cindi says the staff and volunteers are so kind and welcoming. As his memory declines, he lives in the moment, and is happy at Charles House, especially when he has ladies to dance with!

Ross will sometimes ask Cindi, "Where do I live? Do I have a home?" She hopes that once he becomes familiar with Charles House-Winmore and his new housemates, it will truly feel like home to him.

Student Projects Benefit Charles House

UNC KENAN-FLAGLER STAR TEAM PROJECT: Charles House Association was selected as one of the spring semester consulting projects for the Kenan-Flagler Business School Student Teams Achieving Results program, or STAR. The team, led by Alison Cary-Colman, a graduate student in the joint MBA-MHA program, and their faculty advisory Steve Beisser, investigated potential growth strategies for Charles House. The team found a strong operational foundation and a sound business model in the Charles House Eldercare Homes initiative.

PHOTOVOICE RESEARCH PROJECT: Rachel Gillman, studying Maternal and Child Health at UNC's Gillings School of Public Health, and Libby MacFarlane, pursuing a Master of Science in Global Health at Duke University with a focus on global mental health, conducted a Photo-voice participatory research project with the Charles House-Yorktown Household Team this past semester.

Household team members engaged in discussions and problem solving using photos they took on various themes the group decided to explore. In weekly focused discussions, the team expressed their respect and appreciation for the Household Model and the residents, and reinforced that Yorktown feels like a family, and a second home for them.

Interestingly, even though the team expressed many challenges in caring for a household of unique individuals, team members reported generally feeling happy and relaxed, and really able to be present while at Yorktown – that often their "outside" lives are more stressful.

The Photovoice project was a team-building exercise as well. The Household Team is continuing to work on improving communication and making self-care a priority. "As Caregivers, we need to care for each other as well as our residents," commented a Team member, "and that's how we stay strong."

CHARLES HOUSE SOCIAL MEDIA INTERN: A 4-member student team in the UNC English Department's business communications class, created a proposal for Charles House to expand social media in its outreach efforts. One of their recommendations was to recruit a UNC intern. Avery Young, a UNC senior from New Bern majoring in Mass Communication with a concentration in advertising, is now the Charles House Social Media Intern.

Avery's mission for the next year includes helping spread the word about Charles House programs through expanding our Facebook page, establishing an email communication program, archiving years of Charles House photos, working with Communications Director Susan Siegel on coordination with the website, and exploring the development of a Charles House blog. Welcome, Avery.

WESTERN CAROLINA UNIV. HUMAN RESOURCES PROJECT TEAMS
Three teams of graduate students in the WCU Masters in Human Resources program undertook separate projects for Charles House during the spring semester. One team revised the Charles House Employee Manual (HR policies); the second team drafted a comprehensive social media policy preparing the organization for the digital world, and the third team conducted a review of the volunteer and staff orientation process for Charles House. The students "consult" with nonprofit organizations throughout the state, and brought much expertise and current knowledge in HR issues to their projects for Charles House.

We gratefully acknowledge these donations, November 2013-May 2014

MEMORIAL DONATIONS

Lillian K. Andrews
Dickie Andrews

Wayne A. Bowers
Maryellen S. Bowers

Leven & Mary Bragg
Carolyn Jefferson

Roy Bradford
Fran Mertz
Paul Klever & Sally Freeman

Tom Brown
Georgette Brown

Virginia Brown
Virginia Horton

Virginia & C. William Castor
Becky Smith

Christine Egan
Bruce Egan

Lynn W. Eley
Janet Eley

Tom Fore
Nancy Fore
Theodore Waechter

Roland Giduz
Helen Giduz

Doris Gilbert
Lawrence Gilbert

Margaret Glosson
Deborah & Ed Hauser

David Griffiths
Ron & Cherie Wilson

Joe Hakan
Joy Hakan

Lucy Heffernan
James & Linda Heffernan

John & Sally Hill
Michael Hill

Chuck James
Betty James

Kurt Jenne
Mary Jenne

Charlie Jones
David & Connie Freeman

Evelyn Kedzierski
Kathy Rose & Chris Lillie

Violet Lecus
Bruce & Rhonda Lecus

Anthony LoRe
Sheila Evans

Tack Melcher
Nannette Melcher

Mary "Tootie" Jones Merritt
Margaret Britton
Dr. & Mrs. Darnell Jones
Fran Parker
The Peach Family
Mary Louise &
Raymond Reynolds
Mr. & Mrs. H. T. Sugg

Mary "Tootie" Jones Merritt and her lifetime friendship with Flo Griffin and the Scotts
Nancy S. Green &
Jean Jackson

Eugen Merzbacher
Ann Merzbacher

Adelle Miller
Perry and Ruth Miller

Anne Moughon
Ann Woodward &
Howard Smithers

Teresa Murphy
Kate Green

Reenie Neuok
Christina Carlson

Edward Norfleet
Ginger Norfleet

Billie Owensby
Anne & Tom Hastings

Gary Phillips
Dick & Mary Anthony
Joe & Sis Gobon
Donna L. Phillips
Rex & Norma Platt

Charles Racine
Caroline M. Resnick

James & Mary Ragan
Rich & Judy Gonzales

Louise Rapp
Gordon Rapp

Ralph Resnick
Ada & Seymour Armm
D.H. Gold

Jane Rogers
Elizabeth Holsten

Fran Salak
Jerry Salak

Don & Eleanor Scandlin
Donna Scandlin &
Rod Magson

Nell Smith
Marti Salquero
Cherie & Ron Wilson

Mildred R. Stern
Ina Stern

Norman Topper
Judith Topper

Zoe G. Wells
Lee Wells &
Jordan Scepanski

GRANTS AND OTHER CONTRIBUTIONS

State Employees Combined Campaign
Church of St. Thomas More
The Community Church of Chapel Hill

Outside Agency Funding:

Orange County
Town of Chapel Hill
Town of Carrboro

DONATIONS TO THE ANNUAL FUND AND SCHOLARSHIP FUND

Tony Armer
Wiley Barbour
John & Charlette Best
Shirley & Marvin Block
Agna Boass
Don & Sue Brewer
James & Elizabeth Bryan
Lorren Bryant
Stuart Burroughs
Mary Cameron
Michael & Diana Caplow
Wendy Chipman
Blanche Clark
Elizabeth Curtis
Nora Dahners
Karin Eldridge
Tom & Melissa Fitzpatrick
Michael Frawley
Virginia French
James F. Freedman
Mel & Ruth Friedman
Nansi Greger-Holt
Dianne Griesser
Don & Margie Hachten
Joe Hackney
Judith Hallman
Laura Hall
Kitty Harrison
Sarah Haskell
William & Linda Heizer
Joan Huntley
Gerda Hurov
Betty Hutton
Wendy & Roland Intrator
Ellen Johnson
Polly Johnson
Vern and Ann King
Ted & Marilyn Koenig

Allison Lee
Scotty Lee
Virginia & Scotty Lee
Virginia Lee
Chad Lefteris
Mary LeMay
William & Jean Leuchtenburg
Caroline & Paul Lindsay
Drs. Julie & Anthony Lindsey
Anne Loeb
Laureen Lopez
Carol Lucas
Charles Malone
Raleigh & Betsy Mann
Joy & Paul Mermin
Susan & James Moeser
Maggie Morris
Mr. & Mrs. Ted Morris
Judy Murray
Brad Fox & Janet Oldham
Linda Orr
Jaroslav Pekar
Jack Preiss
Bessie Mizell, Eddie & Marva Price
Joseph & Zina Quinn
Margaret Rook
Cherie Rosemond & David Woodmansee
Jerry & Lynette Russel
Robert Seymour
Kate Shaw
Gladys Siegel
John & Frances Slavin
Lori & Berry Tenser
Hunter & Katie Wagstaff
Genie Wenzel-Bill
Brent Wolfe

DONATIONS IN HONOR OF:

Joy Bailey
Tamara Hoffner

Lorren Bryant
Ruth Peninger

Dr. Jan Busby-Whitehead
Robert DeVido

Charles House Staff
Margie & Stan Baldwin
Joyce Biggers
Sid & Peggy Cohn
Viola & Donald Grace
David & Karin Griffiths
Ruth Kravitz
Jennifer Salemsen
Sonya Sleva Family
Patricia Watts
Cherie & Ron Wilson

Lorena Custer
Gary & Sherry Pelton

Molly, Everett & Gretchen Feezor
Amy & Brian Feezor

Nancy Fore
Theodore Waechter

Dr. Daniel Gold's 85th Birthday
Caroline M. Resnick

Paul Klever
James & Mary Beck

Tim, Kathy & Sara LaFone
John & Barbara Chapman

Bruce Boehm & Nancy Luberoff
Renee Luberoff

Debbie Martin & Ethel Martin
Nina Hackney

Dr. Cathy Packer
Helen Jane Wettach

Sally Ransford
James & Roberta Copeland

Patty Sapanaro
Marianne Jackson

Maria Scanga
Jean & Jim Blaine

Susan Smialowicz
Lynda Tamblyn

Aging in Community - The Conversation Continues



Series organizers Bolton Anthony, Janice Tyler, Cherie Rosemond, Mary Fraser, Paul Klever

The popular and timely Aging in Community series, co-sponsored by the Orange County Department on Aging, Charles House and Second Journey, held three well-attended and thought provoking sessions this past spring at the Friday Center. Carol Woods and Carolina Meadows provided additional support.

Developer and Social Entrepreneur Tim Carpenter kicked off the series on February 18 with an overview of his Los Angeles non-profit organization EngAGE and Senior Artists Colonies.

In March, Dave Wann, co-author of Superbia! (with Dan Chiras), presented a co-housing model of social connection, cooperation and sustainable living and talked about how suburban neighborhoods can transform for community and connection.

Paul Klever, Charles House Executive Director, ended the series in April with a thoughtful presentation on "intentional aging," planning for the kind of care support we all may need as we age. He also described the Charles House Eldercare Homes as part of a neighborhood-based model of aging in community.

The Fall 2014 Aging in Community Series kicks off on Tuesday, September 23 with Diana Christian, author of Creating a Life Together and Finding Community and the former editor of Communities magazine. Dianna will speak on creating and living in community.

To be added to the mailing list for the Aging in Community Series, contact Charles House at 919-967-7570 or info@charleshouse.org

CHARLES HOUSE ASSOCIATION

Since 1990, Charles House Association has operated our daytime adult care center. Charles House-Hillcrest provides a warm and welcoming environment for participants to enjoy their day among friends, feel productive, and contribute to their community.

Charles House has expanded into residential care with Charles House-Yorktown Eldercare Home. Six residents live as part of a caring household in the Heritage Hills neighborhood. A new Eldercare Home will open soon in the Winmore neighborhood of Chapel Hill.

Charles House caregiving families find the support they need to meet the demands of caring for aging loved ones, and find that participation in the Charles House program contributes greatly to their family member's health, self-esteem and quality of life.

CHARLES HOUSE ASSOCIATION COMMUNITY ADVISORY COUNCIL

Many community leaders are lending their expertise and advice to assist Charles House Association in creating Eldercare Homes. Charles House is grateful for the consultation of these members of the Community Advisory Council:

<i>Susan Bernstein</i>	<i>B. Anthony Lindsey, MD</i>
<i>James A. Bryan II, MD</i>	<i>Carol Lucas</i>
<i>Jan Busby-Whitehead, MD</i>	<i>Sandy McClamrock</i>
<i>James L. Copeland</i>	<i>John B. Morris, III</i>
<i>Lisa Gwyther</i>	<i>Georgia Nelson</i>
<i>Nina Hackney</i>	<i>Susan Moeser</i>
<i>Joan Huntley</i>	<i>Carolyn Resnick</i>
<i>Mel Hurston</i>	<i>Linda Riggsbee</i>
<i>Allison Lee</i>	<i>Maria Scanga</i>
<i>Lillian Lee</i>	<i>Robert Seymour</i>
<i>Chad Lefteris</i>	<i>Beth Tillman</i>

Winmore Open House!
Please join us to tour the new
Charles House-Winmore Eldercare Home
on Sunday July 27, 3-5 pm or
Thursday August 21, 4-6:30 pm
RSVP to 919-967-7570 or info@charleshouse.org

Charles House Association
109 Hillcrest Ave. Carrboro, NC 27510 (919) 967-7570
Paul Klever, Executive Director paul@charleshouse.org
www.charleshouse.org

Daytime Eldercare Center Hours of Operation:
Monday through Friday: 7:30 to 5:30

Certification: Charles House Daytime Eldercare Center is certified by the State of North Carolina Department of Health and Human Services, Division of Aging, to operate as an Adult Day Care Program.

Charles House-Yorktown Eldercare Home is licensed as a Family Care Home by the State of North Carolina Department of Health and Human Services, Division of Health Services Regulation

Enrollment: Families interested in exploring Charles House are encouraged to call the office to arrange a visit. After an initial assessment and a trial period, enrollment is completed when it is determined that the participant is appropriate for the program. Participants are scheduled for regular attendance, based upon family needs and program availability.

Limited scholarships are available for families in need.
Financial Assistance is made possible by community donors.

The mission of Charles House Association:
Enriching the lives of seniors
Supporting families caring for aging family members
Representing the community's commitment to its elders

Charles House Association is a non-profit 501(c)3 organization. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. The license is not an endorsement by the State.

Charles House Association publishes a bi-annual newsletter.
Editor: Susan Siegel. Photos by Charles House staff unless credited. For
newsletter information or suggestions, call Charles House or
email: communications@charleshouse.org